

Hello, **Baby**



Pregnancy is a great time. It is a time of change. It is a time of adventure. It is a time to welcome a new member into your family—even when your baby is still inside you. Healthy moms have healthy babies. To make a healthy baby, follow the Ten Commandments For A Healthy Pregnancy.

Ten Commandments For A Healthy Pregnancy

1. Thou shalt always eat breakfast.
2. Thou shalt not go on a fad diet.
3. Thou shalt eat at least three meals a day, including foods from all food groups.
4. Thou shalt not drink alcohol or smoke or take any drugs unless thy doctor prescribes them.
5. Thou shalt eat lots of high-calcium and high-iron foods.
6. Thou shalt eat thy fruits and vegetables like thy mother told thee.
7. Thou shalt be clean in the kitchen and keep foods safe to eat.
8. Thou shalt make wise food choices, even when eating “fast foods.”
9. Thou shalt drink at least 8 glasses of water a day.
10. Thou shalt exercise wisely.

These are really good commandments for a healthy life. But they are especially important when you are pregnant.

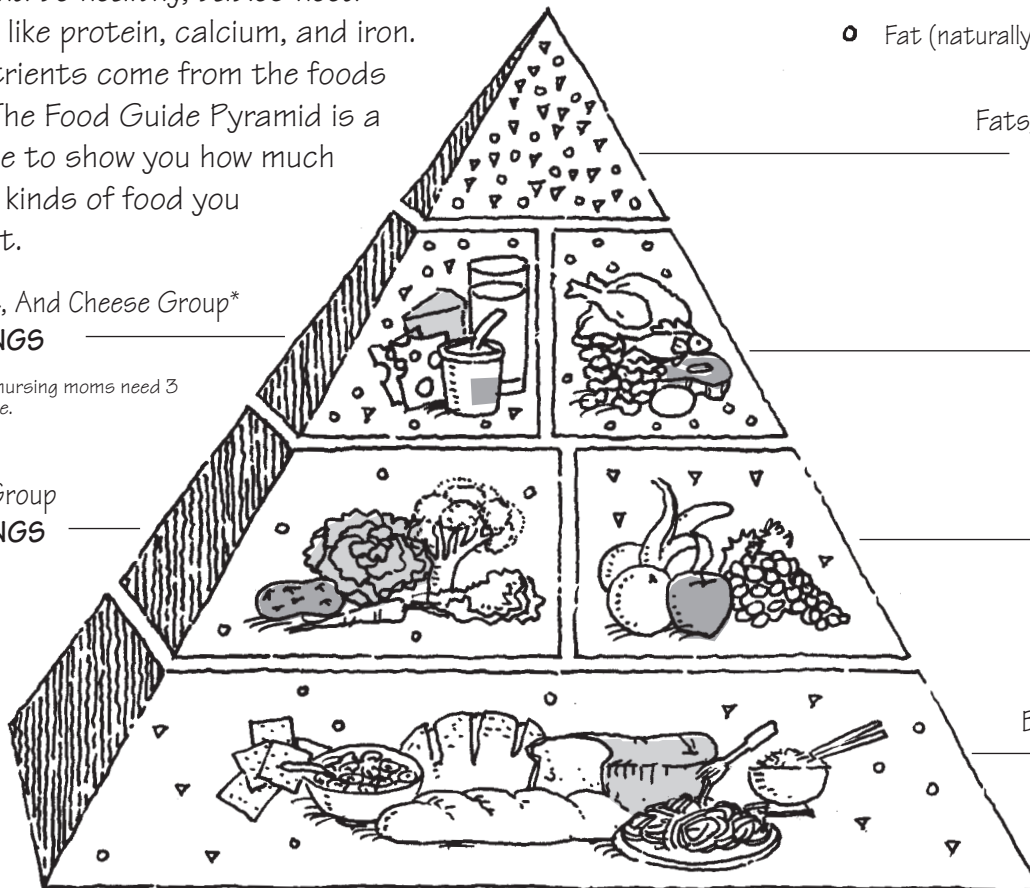
To grow and be healthy, babies need nutrients like protein, calcium, and iron. These nutrients come from the foods you eat. The Food Guide Pyramid is a good guide to show you how much and what kinds of food you should eat.

- ▼ Sugars (added)
- Fat (naturally occurring and added)

Milk, Yogurt, And Cheese Group*
2-3 SERVINGS

*Pregnant and nursing moms need 3 servings or more.

Vegetable Group
3-5 SERVINGS



Fats, Oils, And Sweets
USE SPARINGLY

Meat, Poultry, Fish,
Dry Beans, Eggs,
And Nuts Group
2-3 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal, Rice,
And Pasta Group
6-11 SERVINGS

What counts as a serving?

Bread, Rice, Cereal, and Pasta

A serving is 1 slice bread; 1 ounce ready-to-eat cereal; or ½ cup cooked cereal, rice, or pasta.

Vegetable

A serving is 1 cup raw leafy vegetables; ½ cup of other vegetables, cooked, or chopped raw; or ¾ cup vegetable juice.

Fruit

A serving is 1 medium apple, banana, or orange; ½ cup chopped, cooked or canned fruit; or ¾ cup fruit juice.

Milk, Yogurt, and Cheese

A serving is 1 cup milk or yogurt; 1½ ounce natural cheese; or 2 ounces processed cheese.

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

A serving is 2 to 3 ounces cooked lean meat, poultry, or fish; ½ cup cooked dry beans; 1 egg; or 2 tablespoons of peanut butter (the non-meats count as only 1 ounce of lean meat).



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For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

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